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Bangalore Mirror ON SUNDAY

TEMP Max 30 | Min 22 | Humidity 43% Clear with periodic clouds Sensex 72,643 | Nifty 22,023 | Gold 65,545 | Silver 75,670 | Dollar 82.89 | Euro 90.31 | GBP 105.53

Of 48,431 healthcare facilities in state, 2,075 violated biomedical waste management norms in 2022, report says

THE ANTIBIOTIC

'9 tonnes of biomedical waste went untreated daily'

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Over 2,000 healthcare facilities in Karnataka are not complying with the Bio-Medical Waste Management (BMWM) Rules, 2016, stated a report submitted by the Central Pollution Control Board (CPCB) to the National Green Tribunal.

According to the report, while the state has 48,431 healthcare facilities, 2,075 violated the rule in 2022, leading to nearly nine tonnes of Bio-Medical Waste (BMW) going untreated every day. However, show-cause notices and directions were issued only to 667 facilities.

In all, across 36 states and UTs, while 23,035 healthcare facilities and Common Bio-Medical Waste Treatment Facilities (CBMWTF) violated the BMWM rule, 2016, notices were sent to 8,702 defaulters.

Currently, Karnataka generates 78.4 tonnes of BMW daily; 70 tonnes of biomedical waste is treated through 25 facilities, with a total treatment capacity of

CONTINUED ON PAGE 10 »

GUIDO HOFMANN/UNSPLASH

"Every healthcare facility has the legal and moral responsibility to dispose of its waste scientifically — SWM expert

Of familiar hells and beyond

Bengaluru recorded 696 cases of 'cruelty by husband' in 2023

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My husband hit me with an iron road, pushed and choked me and even resorted to sharing my private photos on adult websites. He forced me to sleep with other men and assaulted me whenever he was angry," a victim of domestic assault told BM.

This wasn't an isolated incident of assault in 2023 — Bengaluru recorded 696 such cases of 'cruelty by husband' in the ambit of section 498(A) of the Indian Penal Code.

The number of cases under the section are seeing an increase every year. In 2021, the city recorded 422 cases, which increased to 580 in 2022 and almost 700 in 2023.

Yet another instance of brutal physical assault in Bengaluru has come to light where the victim complained that she has been facing domestic violence since 2020. The woman got married to 32-year-old Jayanth Kumar in 2020, who is a software development manager at a big tech firm in the city; since then the woman has been a victim of assault and intimidation.

The 30-year-old victim recently approached Bengaluru police, sharing the insidious cycle of domestic abuse and cyber harassment that she endured.

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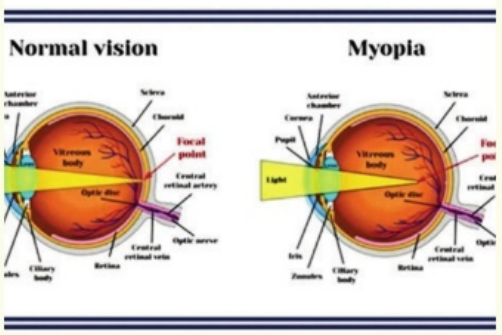
3 THINGS TO DO



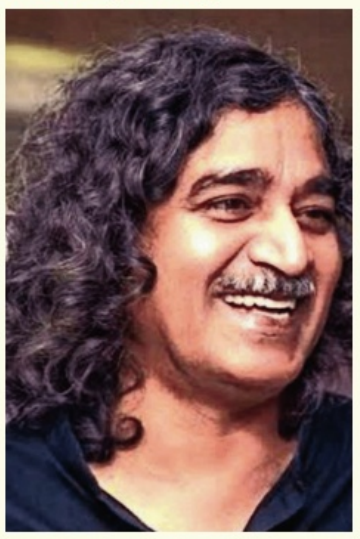
01 See eye to eye

Join in an interactive session on children's eye diseases and prevention at Zamindar Microsurgical Eye Centre, where the doctors will address common eye diseases, myopia, advances in dry eye management, and tips for healthy eyesight for children. **When: March 17, 9 am to 11 am; Where: Zamindar Microsurgical Eye Centre, Kalyan Nagar**

02 Sweet melodies with Sonu

Experience the magic of music at "A Soulful Evening" with Sonu Nigam. Enjoy the fusion of talent and purity, offering an enchanting experience for all music lovers.
When: March 17, 7:30 pm
Where: Bharatiya Mall of Bengaluru

03 Poets and poetry



Celebrate the richness of poetic diversity with an exciting lineup including Annie Zaidi, Ashwani Kumar, Gayatri Majumdar, and many more at ArtMantra's "Glass House Festival." The festival includes panel discussions, workshops, performances, and addresses pressing social and environmental issues.
When: March 23 and 24, 10 am to 6 pm
Where: Bangalore International Center, Domlur

Panel recommends five-day workweek

Seventh Pay Commission proposes special advance scheme; increases advance of up to ₹10,000 for buying bicycles, ₹30,000 for electric bicycles

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Like techies, government employees may also have a five-day week if the state government accepts all the recommendations made by the Seventh Pay Commission (SPC). The commission, which submitted its report on Saturday, recommended that a five-day workweek be introduced by the state government to improve the work-life balance and thereby the quality of work of government employees.

Welcoming this move, Karnataka State Government Employees' Association president, CS Shadakshari, said that a five-day workweek will not only improve operational efficiency but also result in savings. He further said that they have proposed to the state SPC, headed by former Chief Secretary Sudhakar Rao, that they are willing to work in the office from 9.30 am to 6 pm; instead of the current work timings of 10 am to 5.30 pm. "As of now, we have weekly offs on the second and fourth Saturdays. So, we are proposing to have weekly offs on the first and third Saturdays, which would mean that it will be mostly a five-day week. Currently, many central government offices are working on a five-day week basis, and it has proved to be a success," he added.

Using greener modes of commutes will benefit govt employees more

According to him, a five-day week is essential as state government employees are currently under severe stress due to a lot of vacant jobs. "The work pressure is such that one employee is supposed to do the work of two other employees. So, if an employee gets two days off in a week, s/he can be more energetic, and the efficiency will surely go up. Meanwhile, the state government will also save in terms of electricity and water bills. As most of the employees come by their vehicles, there will be savings in terms of fuel as well," he said. Reacting to this, Chief Minister Siddaramaiah said that the report will be studied in detail before taking a call on this matter.

Meanwhile, in an effort to promote environment-friendly transportation among government employees, the SPC has proposed a special advance scheme. Under this scheme, employees opting to purchase a bicycle will receive an increased advance of up to Rs 10,000, compared to the previous Rs 3,000 limit. Considering the growing popularity of electric vehicles, the commission has suggested advances of up to Rs 30,000 for electric bicycles, Rs 1.25 lakh for electric two-wheelers, and higher advances of up to Rs 10 lakh for electric four-wheelers. Additionally, the maximum computer advance has been raised to Rs 60,000. However, the commission has recommended discontinuing advances for solar water heaters, solar cookers, mopeds, and motor vehicle repairs and equipment.

The commission has put forth recommendations aimed at enhancing the quality of training for government employees and improving the faculty in training institutions. As part of this initiative, the existing special allowance for employees serving as faculty members in government training institutions is proposed to be increased by 25 per cent. Additionally, a new benefit called 'Caregiver Leave' is suggested for employees to provide care for parents, parents-in-law, elders, or seriously ill toddlers, allowing a maximum leave of 180 days at half pay.

> **"We are proposing to have weekly offs on the first and third Saturdays as well**
> – CS Shadakshari, president, State Government Employees' Association

Furthermore, the commission recommends extending maternity leave to 18 weeks for female government employees who have recently given birth and are in the postnatal care phase upon joining the service. It also stresses the importance of a comprehensive training program, covering technological advancements, sustainability, and Environmental Social and Governance (ESG) concepts for all government servants.

Little miss genius does know it all

At just 14 months old, Manasmita has achieved a remarkable feat that defies her young age. Despite most toddlers her age not yet being able to read or write, Manasmita has made headlines and has captured the attention of many by setting a new record at Kalam's World Records for her exceptional grasping power.

Born to DM Dhanalakshmi Kumari, a homemaker, and Huliyappa Gowda K, a retired Indian Army personnel, Manasmita's journey to fame commenced when she was merely 4-5 months old. Her parents quickly noticed her profound interest in learning and absorbing information, paving the way for her incredible talent to emerge.

Kumari said to BM that Manasmita has displayed an astonishing depth of knowledge. She can easily recognise and identify Kannada and English alphabets and numbers and differentiate between eight Jnanpith awardees in Karnataka. "She can name the national symbols, including the animal, fruit, bird, flag, and flower. Moreover, she has an extensive array of knowledge spanning fruits, flowers, vegetables, birds, animals, plants, leaves, insects, reptiles, freedom fighters, sea creatures, national flags, historical sites in India, Indian currency, colours, shapes, toys, body parts, scientists, and much more. In a live demonstration, she accurately identified an astonishing 336 cards out of 400, showcasing her exceptional cognitive abilities," she added.

> **"She identified an astonishing 336 cards out of 400**
> – Manasmita's mother

As she grew, her ability to retain and recall information surpassed their expectations. Gowda further remarked that her early signs of intelligence and curiosity, which became apparent when she was just a few months old, surprised them. "We noticed her keen observation skills and how she would attentively watch and absorb information from her surroundings, and we encouraged her curiosity by providing age-appropriate learning materials and engaging her in interactive educational activities. This nurturing environment allowed Manasmita's natural talents to flourish, leading to her impressive knowledge base and cognitive abilities."

— Pavithra Choudhary

Handle with care and certification

Forest dept wants anyone interested in snake rescue to undergo periodic certification programme for rescuers and handlers

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The Karnataka Forest Department (KFD) has decided to weed out unauthorised snake rescuers and handlers in the state. According to higher officials from the department, an instruction has been issued from the Wildlife Division to start training programmes for volunteers and people who are interested in snake handling.

"The instruction from the Wildlife Division was given over a month ago. Principal Chief Conservator of Forest (PCCF), Wildlife issued instructions to all CCFs to conduct training programmes for snake handlers to go as per the SOP. The training will be given by experts, and sessions will be coordinated by district offices of concerned divisions," said a senior official of KFD.

After the training, based on the capabilities of the volunteers, they will be certified by the department and permitted to handle snakes.

"The department has been given the liberty to conduct this training programme at the division level. The duration of the programme will be around 2-3 days. This rule will be applicable even on snake handlers that are conducting rescues under Bruhat Bengaluru Mahanagara Palike," said the official.

The instruction was issued after the department came up with a draft operational manual in 2022 to effectively mitigate human-snake conflict. The idea was to institutionalise the process and make it compulsory for the handlers to seek a certificate from the department.

As per the manual, anyone interested in snake rescue will have to undergo a periodic certification programme at institutes notified by the department. The department had then mentioned that the handlers will have to undergo the certification and assessment programme every two years. The programme will cover topics such as crowd management, understanding snake conflict, humane snake handling practices, snakebite management, and understanding snake biology and ecology, to mention a few.

KFD officials also informed Bangalore Mirror that any individual or organisation found to be rescuing snakes without attending the training programme and obtaining certification would be deemed to violate sections 9 and 12 of the Wildlife Protection Act, 1972, and suitable action would be taken against them.

According to the department, the idea is to provide standard operating procedures to guide a rescuer in managing a conflict situation and build a system of accountability to regulate snake rescue across the state.

Upon successful completion of the programme, the department will issue time-bound and division-bound permission to the rescuer.

Bangalore Mirror

How shortage of licenced snake rescuers is leading to botched efforts that may harm serpents & humans

SERPENTINE FIX

BBMP has only 7 authorised rescuers of mandated 30

What's hiding in plain site?

"The duration of the programme will be around 2-3 days. This rule will be applicable even on snake handlers that are conducting rescues under Bruhat Bengaluru Mahanagara Palike

Extension of Phase 1 on K-RIDE's mind

With the South Western Railways (SWR) rejecting K-RIDE's proposal for phase 2 of the suburban rail network, it has suggested an extension of Phase 1 to connect to the circular network.

In November 2023, SWR rejected K-Ride's proposal of extending 450 km into satellite towns. Consequently, Railways announced a 287km circular network covering the outskirts of Bengaluru.

"Even with the circular network, there is a need for Bengaluru Suburban Rail Project (BSRP) to connect to certain parts. Connecting these sections within the network would allow better connectivity for the passenger from BSRP to Railways and vice versa, " said a K-RIDE official.

Speaking to reporters at the inspection of the country's first 31m U-girder, Infrastructure Development Minister MB Patil said the first section of BSRP will be commissioned by December 25. The stretch spans over 7.4 km between Chikkabanawara to Yeshwanthpur.

For the first time, these girders will be used to construct a viaduct (elevated section) of around 8 km from Hebbal to Yeshvantpura which is a part of the 'Mallige' line or Corridor 2 of BSRP and this requires about 450 girders. The L&T casting yard at Gollahalli also casts I-Girders and Pier Caps and respectively 323 and 283 of them will be used along the above stretch.

Updating on the progress, the Minister said that 20% of BSRP work has been completed. Of the total 120.44 acres of land required for Corridor 2 (Chikkabanawara to Benniganahalli), 119.18 acres have been acquired (98.5% of the land).

Melvin Mathew

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Garbage busters: Students hit road for clean-up duty

School children tackle persistent garbage pile after authorities fail to take action

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Saturday morning was unusual for the students of Sri Rama Vidyalaya on Jakkur Main Road. Instead of attending classes, they gloved up and grabbed broomsticks to clean the garbage-strewn stretch that they navigate every morning to reach their school.

"We are here cleaning a garbage spot. This spot is always full of every kind of waste and we cannot avoid but walk past it, which is always stinking," said Bhavishyat, a class VII student at Sri Rama Vidyalaya.

While Bhavishyat and a handful of other students from the school were busy sweeping and removing garbage in dustbins and garbage bags, their other schoolmates supported by holding placards, trying to sensitise passersby. The students were part of a cleaning drive to get rid of the garbage pile on Jakkur Main Road that has left locals frustrated. The black spot, a combination of rotting vegetables, animal waste, construction debris, stained clothes and mattresses, broken glass, and medical waste, at the entrance of the road has been a fixture for the last many years.

According to Dr Roopa Kudum, principal of Sri Rama Vidyalaya, this drive was organised after raising repeated complaints and requests to various authorities, including officials from Bruhat Bengaluru Mahanagara Palike (BBMP).

"The idea is to clear the place of this garbage pile. This is the only road that leads to our school with nearly 600 children. These kids pass through this dump every day, covering their noses. Moreover, BBMP vehicle lifts the garbage every morning, which further spreads the stench and filth in the surrounding area. Our school campus is not even 100 metres away from this blackspot and we are worried about the health and safety of our children," said Dr Kudum. School authorities say the garbage pile attracts rodents, dogs, cattle, mules, and eagles as well, posing a grave risk for children using the stretch every day.

Students participating in the clean-up drive

"We have started getting complaints from parents about children falling sick. Although the BBMP truck cleans the spot every morning, it is back to square one by night. By the next morning organic matter is already decomposing, leaving a foul smell and potential health hazard. We are here to clean the spot and beautify it by adding plants and flowers," said Dr Kudum. The cleaning drive was also joined by residents who have been raising this issue for years.

"As residents, we empathise with the children as their health and safety are at risk. Each year the numbers and severity of dengue cases in the area have only been increasing. For the past few years, we have had mosquitoes 24 hours a day. A collateral environmental impact that the filth has is that even though some shops and tasks are within walking distance we tend to drive because of the smell," said Deepa Chauhan, a resident of Jakkur who participated in the drive. Locals say regular cleaning of the spot by BBMP is not the solution.

> **"Our school campus is not even 100 metres away from this blackspot and we are worried about the health and safety of our children**
> – Dr Roopa Kudum, Principal, Sri Rama Vidyalaya

"After we wrote a letter to our area MLA and Revenue Minister, there has been a huge change and BBMP is clearing the spot regularly. However, this is not sustainable. Unless this spot is removed from here, the issue will not be solved. It is not right that we are living in fear of so many diseases," said Geeta Jacob, a senior citizen living in the area.

City's double-decker dream delayed again

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The Bangalore Metropolitan Transport Corporation (BMTC) has issued a tender for double-decker buses for the second time. High rates quoted by officials are cited as the reason for the tender's reissuance. Bengaluru will have to wait again to relive the nostalgia of double-decker buses.

In February 2023, BMTC had called the tender for ten double-decker AC buses after much delay. Now, again, BMTC has called the tender due to the high rates quoted by bidders.

For double-decker buses, BMTC, which is procuring these buses under the GCC model, received only a single bid. "We only got a single bid for the double-deckers in the last tender. We got a bid from Chennai-based OHM Global Mobility Limited, but the rate quoted was too high. The bidder had quoted Rs 102.5 per km. So, we had to refloat the tender," said a senior BMTC official.

The double-decker buses are being procured by BMTC under the National Clean Air Programme (NCAP) and State Urban Transport Fund (SUTF) of the Directorate of Urban Land Transport (DULT).

As per the tender, BMTC would run these buses on select routes and assure 150 km per day over 350 days, accumulating to 52,500 km in a year. Estimated, each double-decker bus could carry 65 passengers at a time. Currently, BMTC has proposed running these buses from Majestic to Shivajinagar, Shivajinagar to Market, and Majestic to Attibele.

For operations and setting up charging infrastructure, BMTC has chosen Subhashnagar depot. In 2023, the state government gave the nod for the purchase of double-decker buses with an allocation of Rs 24 crore.

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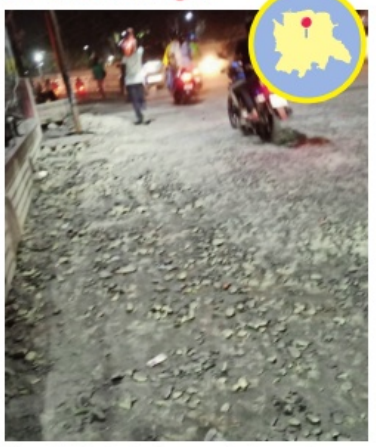
Unclean air
CV Raman Nagar

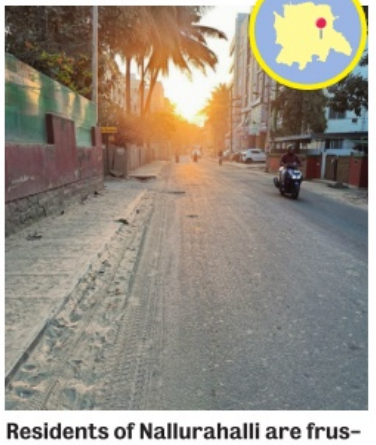


Dust-filled air is causing respiratory issues, especially for those with asthma, persisting for 4 months now without any resolution. It's concerning that no measures have been taken yet.

Clear the roads
Double Road

The traffic congestion is worsening, with ambulances and other vehicles getting stuck daily. Urgent intervention from the police is required to alleviate this situation and ensure smooth traffic flow.

Clean the streets
Whitefield



Residents of Nallurahalli are frustrated with BBMP's negligence in cleaning the streets despite multiple requests. The situation remains dire along Borewell Road, prompting concerns about sanitation and public health.

Simplifying property tax payments online

BBMP's plan to integrate online apps and Aadhaar authentication aims to ease taxpayer burdens

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Property tax is one of the major sources of revenue for Bruhat Bengaluru Mahanagara Palike (BBMP). The property tax self-assessment scheme allows individuals to apply and obtain a Property Tax Payment Assessment Number if their property lacks a Property ID or Assessment Number. However, the process becomes more complex when dealing with unassessed properties. In such cases, citizens must seek approval from the Assistant Revenue Officer (ARO) and have their property formally entered into the BBMP (Bruhat Bengaluru Mahanagara Palike) Property Tax Registers, specifically the A and B khatas.

"Presently, the absence of an assessed status for property leads to challenges in paying property taxes promptly. The extensive verification process, including ownership verification and other procedural checks, often results in significant delays. Consequently, citizens who are willing to fulfil their tax obligations may face hurdles in doing so due to procedural bottlenecks. It's important to clarify that while making a Property Tax payment is a legal requirement, it does not confer any property rights to the payer. This distinction highlights the need for an efficient and streamlined system that allows citizens to pay their property taxes without unnecessary delays or complications," said a BBMP official.

To address these challenges, BBMP has proposed a system that integrates property tax payments into the online citizen application process for property entry into the BBMP Property Tax registers. This approach aims to simplify and expedite the property tax payment process while ensuring transparency and compliance with legal requirements. "The proposed system comprises two essential steps. Firstly, citizens can make a self-declared suo-motu payment as part of their application for "Khata" (property ownership documents). This initial step is crucial as it allows citizens to demonstrate their willingness to fulfil their tax obligations promptly, without implying any legal acknowledgement or acceptance of property rights. The second step involves the processing of received online applications as per existing laws and regulations governing property entry into the appropriate Property Tax Registers. This step ensures that only eligible applications are processed, and properties are formally entered into the tax registers following due diligence and verification procedures," added the official.

For properties not yet registered in the Property Tax Registers, citizens have the option to log in to the Property Tax SAS System using their mobile phones and OTP (One-Time Password). This digital authentication process streamlines access and enhances convenience for taxpayers, reducing administrative burdens and promoting efficiency. "Furthermore, citizens can authenticate themselves using Aadhaar, a unique identification system in India, to avail special services related to applying for time-bound Property Records or "Khata" and making property tax payments to the BBMP. Aadhaar authentication adds a layer of security and verification, ensuring the accuracy and integrity of the information provided by taxpayers. Alternatively, citizens who prefer not to authenticate using Aadhaar can utilise the regular option to apply via the eAasthi and Sakala System. This approach allows citizens to first register their properties in the Property Tax Registers and then proceed with making property tax payments. While both options are available, the integration of Aadhaar authentication offers a more streamlined and efficient process for taxpayers," said the official.

The application process includes entering registered sale deed or transfer deed numbers, uploading registered documents, verifying owner details with Aadhaar, comparing the information with the KAVERI-2 database (a system for property and document registration), creating a Temporary SAS Number for the property, entering property usage details, and making property tax payments as per the applicable tax rates, interest, and penalties. Upon successful completion of the application process and verification of all necessary details, a Property Tax payment Special Acknowledgment is issued to the taxpayer. This acknowledgement serves as a confirmation of the tax payment made and provides taxpayers with a record of their compliance with property tax obligations.

BBMP officials stressed that the issuance of the Special Acknowledgement does not imply any acknowledgement or acceptance of property ownership. Instead, it only serves as a receipt of payment and compliance with property tax regulations.

CID issues look-out notice for cop

The Criminal Investigation Department (CID) has issued a notice concerning a Bitcoin scam allegedly involving DySP Sridhar K Pujar, who is currently evading authorities. The notice offers rewards for any information leading to the authorities to him, with assurances of confidentiality for informants.

Recently, the Vidhana Soudha police initiated a new FIR against the senior officer, citing charges including attempted murder and causing harm to deter a public servant from their duty under IPC sections 307 and 332, respectively. These charges stem from an incident where Pujar, a DySP attached to the Internal Security Division (ISD), reportedly collided his vehicle with a motorcycle carrying two police personnel before fleeing the scene. The incident occurred near Coffee Board Junction on Ambedkar Veedhi at approximately 1pm on February 27. –BMB

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

HAPPY FLYING

A Brahminy kite taking off from a tree at Doddakallasandra Lake on a bright sunny morning.

The picture was clicked by reader **Sridhar Comaravalli**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

Where's the water going?

Despite paying Rs 13 cr for Cauvery water connection, citizens face drastic reduction in supply; illegal tap allegedly diverts water

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The residents of Sobha Forest View Apartment in Kanakapura allege facing issues with the Cauvery water supply. Although the Bangalore Water Supply and Sewerage Board (BWSSB) provided connections last year, initially delivering a substantial quantity of water ranging from 16 to 20 lakh litres per month once a week, the situation has deteriorated over the past three months. Now, they receive very little water, raising concerns among the residents.

According to the residents, MLA Somashekar inaugurated the Cauvery water service last year, and the water connection was provided after paying almost Rs 13 crore to BWSSB. Out of this amount, Rs 1.23 crore was spent on a dedicated line from Balaji layout 100 feet road from Vajrahalli to Sobha Forest View. After its inauguration, the residents received a good amount of water. However, for the past three months, they noticed a drastic reduction in the quantity, from 20 lakh litres to 3-4 lakh litres.

Kiran Kumar, Joint Secretary, Changemakers of Kanakapura Road Association said, "We were confused as to why we were getting less water and then investigated the issue and we found that the main line to the apartment was tapped and given to some other layout. We confronted the BWSSB officials and it was confirmed that it was tapped. We complained to the MLA and he asked the BWSSB senior officials to restore the connection. The very next day the illegal connection was disconnected. But the problem wasn't solved, as we continued to receive less water."

The residents pointed out that despite the illegal connection was removed, the water quantity did not get back to normal but instead was further reduced. The residents even highlighted the issue to the office of the OSD to CM Karnataka. On Friday, they again escalated the issue to the MLA who again directed the BWSSB to look into the matter.

Shiva Nittala, President of Sobha Forest View said, "We have paid close to Rs 13.5 crore to the BWSSB for the connection and we have been paying the monthly bills for the consumption of water. After doing all this illegal connection is given to other layouts. After we found out about this and complained about reduced water still we don't see any action. All the residents are concerned about the issue and this needs to be solved at the earliest."

Illegal connection closed after the MLA intervened

DID YOU KNOW?

The Bangalore Airshow, also known as Aero India, is an exhilarating showcase of aerospace technology, innovation, and prowess. Held biennially at the Yelahanka Air Force Station in Bangalore, India, it attracts aviation enthusiasts, industry leaders, and spectators from around the globe. The event features awe-inspiring aerial displays by military and civilian aircraft, including fighter jets, helicopters, and aerobatic teams. Moreover, it serves as a platform for networking, business deals, and knowledge exchange within the aerospace and defence sectors. With its dynamic atmosphere and cutting-edge demonstrations, the Bangalore Airshow continues to reinforce India's position as a key player in the global aviation industry.

GET HEARD WITH MIRROR

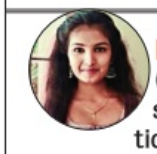
9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

where Bengalureans speak their mind

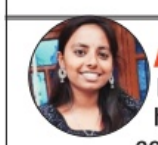
Can you share personal experiences that highlight the friendly and inclusive nature of Bengaluru's residents?



Mamatha, BM Reader
One personal experience that stands out is how easily conversations spark with strangers in local cafes. Whether it's discussing the weather or sharing book recommendations, Bangaloreans are approachable and welcoming.

Sahana, BM Reader
The presence of clubs and meet-up groups adds to the sense of community, making it easier for individuals to connect. These experiences have solidified the reputation as a city where hospitality and inclusivity thrive.

Mariya Tejaswini, BM Reader
The kindness of the people here made the transition smooth. From guiding me on transportation routes to ensuring I reached my PG safely, Bangaloreans went out of their way to assist me.



Ashwini, BM Reader
My experience in Bengaluru has been shaped by the city's collaborative and inclusive spirit. Whether in workplaces or community initiatives, there's a strong culture of cooperation and mutual support.

Priyanka, BM Reader
The warmth and hospitality extended by locals make Bengaluru feel like home. From celebrating local festivals together to helping each other in times of need, the sense of community among Bangaloreans is palpable.

Kaveri, BM Reader
The cosmopolitan nature of the city has created a melting pot of cultures, where people from diverse backgrounds coexist harmoniously. Whether you're a long-time resident or a newcomer, Bangaloreans exhibit warm hospitality.

SPEAK TO US

With the election dates announced, why do you believe everyone must exercise their franchise and participate in voting?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

VK honours the Real Achievers

Vijay Karnataka (sister concern of Bangalore Mirror) is always in the forefront of recognising, promoting and honouring outstanding achievers in various fields for their contribution to the society. VK recognised and honoured achievers from Districts Around Bengaluru with 'Achievers of Karnataka' award by launching coffee table book at an event held on Saturday, March 2nd in Bengaluru

In a world filled with achievers, only a select few carve out their own paths to unparalleled success. 15 achievers, from Districts Around Bengaluru (Ramanagar, Bangalore Gramanthara, Tumkur, Kolar, Chikkaballapur) were honoured by eminent personalities like Leader of the Opposition R. Ashoka, esteemed author and filmmaker Dr. Nagathihalli Chandrashekhara, actresses' Archana Jois and Nagashree Begar. Surrounded by their loved ones, friends, and well-wishers, this gathering was more than just a ceremony—it was a testament to the indomitable spirit of those who dare to dream and achieve. As the event unfolded, a remarkable coffee table book chronicling their journeys was unveiled, immortalizing their inspiring legacies for generations to come.

● Each individual has unique talents. Encouraging talents fosters greater social service initiatives. Vijay Karnataka's efforts to organize such an event is praiseworthy. Just as a fruit-laden tree bends towards the ground, individuals should also bear fruit (serve) society like a tree. Being featured in VK signifies true accomplishment. — **R. Ashoka,** Leader of Opposition Karnataka Legislative Assembly

● Vijay Karnataka exemplifies a newspaper that adeptly balances popularity and populism. In society, literature, writers, and newspapers serve as the enduring opposition. Recognizing individuals who have risen from humble beginnings to contribute to society sets a remarkable example for all. VK's commendable initiative to honour these unsung heroes underscores the importance of reinstating hardworking individuals as role models within society. — **Dr. Nagathihalli Chandrashekhara,** Author, Film maker

● Congratulations to VK on its successful journey of 25 years. VK has consistently nurtured the dedication needed for success. It's essential to acknowledge achievers, even with small gestures of appreciation. — **Archana Jois,** Actress

● I am thrilled to see so many achievers coming together. It is an honour for me to participate in such a prestigious event. Such gatherings inspire us all to strive for excellence in our fields. I believe such events are crucial for recognizing the hard work and dedication of individuals who have made significant contributions to society. — **Nagashree Begar,** Actress

● VK continues to forge stronger links with people. VK plays a pivotal role as a watchdog, alerting society to pertinent issues. Recognizing individuals who have persevered to achieve success is a task often overlooked by governments, but VK has stepped in to fulfill this role.

— **Sudarshan Channangihally,** Editor, Vijay Karnataka

● It's gratifying to witness the achievements of individuals. Recognizing these achievers is a source of pride. The accolades from our readers attest to the quality of our newspaper. A newspaper's role extends beyond merely reporting news; it should also celebrate and honour those who excel in their fields. I take immense pride in the work we've done in this regard.

— **Deepak Saluja,** CEO, Vijay Karnataka & Bangalore Mirror

What AWARDEES said

● For a quarter of a century, VK has been a people's advocate. It is an honour for Dr. Shivakumar Swamiji Engineering College to receive the Achievers of Karnataka Award. I am delighted to accept it from R. Ashoka and Dr. Nagathihalli Chandrashekhara.

—**D.C. Venugopal,** Chairman, Dr. Sri Sri Sri Shivakumara Mahaswamy College of Engineering and Polytechnic, Nelamangala *(Category: Social Service)*

● I am honoured to receive the prestigious Vijaya Karnataka Achievers of Karnataka award. For numerous years, this newspaper has penetrated every village, consistently illuminating the issues faced by the people. Being bestowed with this award serves as a tremendous motivation for me to continue my work with even greater zeal.

—**Rahul Gowda,** President, Yentaganahalli Gram Panchayat, Hanchipura, Nelamangala *(Category: Social Service)*

● VK's impactful initiatives, coupled with its commendable news coverage, have garnered significant attention. By bestowing the Achievers of Karnataka Award upon individuals excelling in diverse fields, Vijaya Karnataka has elevated its commitment and responsibility even further.

— **Lakshman,** Founder, Ganesh Jewellers, Ramanagar *(Category: Brand Building)*

● I extend my heartfelt gratitude to the Vijay Karnataka team for honouring me with the Achievers of Karnataka award. It brings me immense joy to be recognized by VK for my unwavering dedication and hard work since 2001. This award has not only boosted my self-confidence but also inspired me to strive even harder in the future.

— **Sadashiv Amin,** Chairman, Mysore Drier Tech Company (MDT), Tumakuru *(Category: Manufacturing)*

● Vijay Karnataka has been engaged in reaching out to the masses, striving to focus on the issues faced by the people. For many years, it has dedicated its efforts to addressing societal challenges. It is indeed gratifying to acknowledge the contributions of individuals across diverse fields and present them with the prestigious Achievers of Karnataka award.

—**Dr. Manjunath Reddy,** Chairman, Varidhi Educational and Cultural Trust, Mulbagal *(Category: Quality Education)*

● Vijay Karnataka is undertaking tasks that are typically the responsibility of the government and cooperatives. It's gratifying to witness such a remarkable initiative spearheaded by the newspaper's editor and MMCL CEO. Heartfelt congratulations to all the recipients of the esteemed Achievers of Karnataka Award. This recognition serves as a powerful motivator for me.

—**Shivakumar,** Chairman, Harsha Institutions, Nelamangala *(Category: Quality Education)*

● Vijay Karnataka is introducing innovative programs tailored for different segments such as farmers, women, and students, making it a beloved newspaper across villages and cities alike. Now, the newspaper has taken the commendable initiative of spotlighting hidden achievers by presenting them with the prestigious Achievers of Karnataka award.

—**Raveesh,** Chairman, Maheshwari Bricks Industries, V3 Ventures, Tumakuru *(Category: Real Estate)*

● Vijay Karnataka excels in making every program special, and the Achievers of Karnataka award program is no exception. It has captured the attention of readers and participants alike, emerging as one of the best-organized events. Receiving this award has heightened my sense of responsibility.

—**Dr. Aravind N.** M.D. Leelavathi Children's Hospital, & M.D. Vamshodaya Hospital, Kolar and Malur *(Category: Health Care)*

● Vijay Karnataka's Super Star Raitha Award to honour farmers has been motivating. Likewise, by acknowledging achievers from diverse fields and presenting them with the Achievers of Karnataka award, the newspaper is commendably recognizing excellence. Here's hoping that VK continues to organize more such programs.

—**Dr SRS Devaraj,** Founder President, SRS Akshata Charitable Trust, Chikkaballapur *(Category-Social Service)*

● The Achievers of Karnataka program holds immense beauty and significance. Participating in this program has brought me great joy. I extend my heartfelt gratitude to the Vijay Karnataka team for acknowledging our efforts, inviting us to this event, and bestowing upon us this prestigious award.

— **V. Narayana Swamy,** (Senior political leader, Devanahalli) *(Category: Social Service)*

● VK stands out with its diverse range of programs across all domains. As it celebrates its 25th year, the newspaper has become intertwined with the lives of the people. I extend my gratitude to VK for consistently honouring individuals excelling in various fields, despite their distance from the limelight.

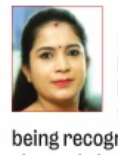
—**S.R. Gowda,** Director - Tumkur Milk Federation, Former Chairman - State Silk Industries Corporation, and Ex-President — Taluk Panchayat, Sira, Tumakuru *(Category: Social Service)*

● This program is incredibly innovative. Vijay Karnataka has ingeniously crafted the special Achievers of Karnataka program. Witnessing the recognition bestowed upon achievers by esteemed dignitaries was truly delightful. This award has brought me joy and served as an inspiration to further my contributions in social work.

—**Dr. Nagabhushan B.M.** Consultant Pediatrician, Chalukya Multi-specialty Hospital, Gubbi, Tumakuru *(Category: Health care)*

● VK stands out by making each of its programs special. Whether it's education, health, or industry, it strives to provide support to all sectors. The Achievers of Karnataka award program was no exception; it was well-executed. Receiving this award has heightened my sense of responsibility.

—**Dr. Arjun M.B.** MBBS, MD(Int.Med), DNB (Int.Med), Heal Speciality Clinic — Specialized Diabeto-Cardiac Care, Manipal Hospitals, Doddaballapur-Bengaluru *(Category: Health Care)*



● We extend our gratitude to Vijay Karnataka, a newspaper renowned for its innovative ideas and initiatives. It brings us immense joy to witness individuals from diverse sectors of society being recognized and honoured with awards. We sincerely hope that such commendable initiatives will persist in the future.

– **Dr. Saisuman N. B.E. LLB** State General Secretary, Janata Dal (Secular), Karnataka, Pavagada *(Category: Social Service)*

● Vijay Karnataka has become the go-to newspaper for people from diverse backgrounds, reaching them effortlessly with essential information. Over the years, it has been running numerous meaningful programs. The Achievers of Karnataka program stands out as particularly beautiful and significant. I am thrilled to be a part of such a program.

—**Shivanapura Ramesh B.** Teja Nursery and Farms, Organic Agriculturist Devanahalli *(Category: Agriculture)*

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HSR Layout: 80×60 Comm Site NW Corner 23k; Resi Sites: 50×80 North 31k, 40×60 East 31k/sft. Mob:789 237 66 51

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Karnataka generates 78.4 tonnes of biomedical waste per day

CONTINUED FROM PAGE 1

149.4 tonnes per day. Experts said a gap between generation and treatment & disposal of BMW poses health risks as the majority of this waste reaches landfills, becoming the primary source of water contamination.

"Every healthcare facility has the legal and moral responsibility to dispose of its waste scientifically. The fact that over 2,000 facilities violated BMWM rules despite district-level monitoring committees in place is astonishing. This goes to show the rules are not being enforced strictly by the state pollution control board," said a city-based solid waste management expert.

The report highlighted that out of 36 states and UTs, Karnataka is one of the six states, not tending to all biomedical waste (BMW) being generated daily.

This is despite the state producing the second highest amount of hazardous waste, only after Uttar Pradesh (89.2 tonnes/day of BMW). However, Uttar Pradesh has a total treatment capacity of 170.8 tonnes and is already treating every bit of this harmful waste being generated.

Inadequate training programme?

The number of training programmes conducted in Karnataka for healthcare workers in 2022 was 1,306 - much less compared to many other states in the country.

As per BMWM Rules, 2016, training for all healthcare workers involved in biomedical waste management is to be provided by healthcare facilities, CBWTF operators, and state pollution control boards. The idea is to sensitise healthcare workers and improve the collection, segregation, processing, treatment, and disposal of these biomedical wastes in an environmentally sound management.

The state producing the second highest amount of hazardous waste, only after Uttar Pradesh (89.2 tonnes/day of BMW). However, Uttar Pradesh has a total treatment capacity of 170.8 tonnes and is already treating every bit of this harmful waste being generated.

Experts noted a lack of awareness about BMW segregation even at healthcare facilities. Looking at the situation on ground, the KSPCB should conduct regular awareness programmes for healthcare workers to bring about behavioural changes.

As per the NGT, such training programmes may include not only academic discussions but also field visits to places where successful environmental compliance models exist.

"Such training may be required in police academies and for public prosecutors too. In the first instance, training may be imparted to all existing District Magistrates and after that to others who may have potential to work as District Magistrates or other positions where they may have to deal with such issues," noted the tribunal.

While KSPCB furnished details to CPCB on the number of programmes conducted, no information was provided regarding training on compliance with environmental norms.

India scenario

As per the information submitted by 36 state pollution control boards, there are 3,93,242 healthcare facilities out of which about 3,10,809 (79 %) are utilising services of common waste treatment facilities for safe treatment and disposal of biomedical waste. There are 218 common waste treatment facilities in the country and 34 facilities are under construction.

Overall, about 700 tonnes of BMW is generated daily, out of which about 640 tonnes of waste is treated and disposed of through authorised facilities.

Your Connect

personal

CHANGE OF NAME

I, Sanganagouda Biradar S/o Jayappa Biradar R/at 214/12, 4th Main, 9th Cross, Jagajyothi Layout, Nagadevanahalli, Bengalore-560056 here by declare that Sanganagouda Biradar, Sanganagoud Biradar, Sanganagouda J Biradar and Sangam Biradar all the names belongs to me only, vide affidavit dated 09.03.2024 before notary Devaraja E, Bangalore.

I, JOSEWIN FERNANDO S/O, Selvin Fernando R/o No S-05 2nd Floor Sri Sai Ashirwadh Residency, 1st Cross Muneshwara Nagar Old Mangammanapalya Bommanahalli Bengaluru-560068 have changed my name to S JOSEWIN FERNANDO vide affidavit dated: 15/03/2024 Before Notary C. SHARADA Bangalore

I, SIDDAPPA YALLAPPA MAGARI, Resident at No. 120, Hoysala Nandanavan Layout, Near Bharath Petrol Pump, Dr Shivaram Karanth Nagar, Bengaluru North-560077, have changed my minor daughter's name from SAKSHI to SAKSHI SIDDAPPA MAGARI, vide affidavit dated: 15.03.2024 before notary H.K. GOPALAGOWDA, Bengaluru.

I, Ayisha Siddhiqua Khazi Sayed Fayaz D/o Ahamed Idrus Khazi Sayed Fayaz R/o No 338 2nd A Main Road Domlur Layout Stage-1 Domlur B'luru-560071 Have changed my name to Ayisha Siddhiqua for all Puposes.

I, TODKAR SWATI ANAND, Resident at No. 120, Hoysala Nandanavan Layout, Near Bharath Petrol Pump, Dr Shivaram Karanth Nagar, Bengaluru North-560077, have changed my name to SWATI SIDDAPPA MAGARI, vide affidavit dated: 15.03.2024 before notary H.K. GOPALAGOWDA, Bengaluru.

I, SHARMILA NARAYAN Residing at Basaveshwaranagar, Bangalore-560079, have changed my daughter's name from CHARULATHA to CHARU S A vide affidavit Dt. 22.04.2008, which was sworn before notary M.V. Mohan, Bangalore-560040

I, DEEPIKA SAKLESHPUR BHIKAMCHAND C/o. Jinesh Kumar K, residing at No. 465, Marvel Rajagriha Apartment, 8th Main Road, T.R Subba Rao Road, 4th Cross, Hanumanthanagar, Bengaluru-560019, have changed my name to DEEPIKA, vide affidavit dated 15.03.2024, sworn before notary Jayappa A, Bangalore.

I, SIDDAPPA MAGARI, Resident at No. 120, Hoysala Nandanavan Layout, Near Bharath Petrol Pump, Dr Shivaram Karanth Nagar, Bengaluru North-560077, have changed my name to SIDDAPPA YALLAPPA MAGARI, vide affidavit dated: 15.03.2024 before notary H.K. GOPALAGOWDA, Bengaluru.

I, ASMA BANO W/o Yousuf khan, R/at No.781, 2nd main road, 5th cross, Gangondanahalli, Near Al-Haram school, Bangalore-560039 , have changed my name to ASMA BANU vide affidavit dated: 16/3/2024 Before Notary SRINIVASA.D Bangalore.

I, Suja ulhaque Naveen S/O Abdul Hye # 76 KMF Hesaraghatta Blr-90 have changed my name to Shuja Ul Haqh Naveen for all purposes.

I, Vismita D/o Sri Venugopal Manjeshwar, R/o No 51, Varadaraja Swamy Layout, Singapura Vidyaranyapura, Bengaluru 560097 I have changed my name from Vismita to Vismita Venugopal Manjeshwar vide affidavit no IN-KA58017309489570W dated 15.2.2024

I ASHA R/o 1079 11th cross 5th main 1st block Sarathynagar BDA LAYOUT JP nagar 8th Phase Bengaluru 560 062 have changed my name to ASHA SAMAGA

I, Anandan Gopalan Residing at No.14, Sharanam, 2nd Main Road, Netaji Nagar, Hebbal, Kempapura, Bangalore-560024 have changed my name to AMPITTAYIL GOPALAN ANANDAN vide affidavit dated 15.03.2024 Sworn before notary: H.K.Gopalagowda, Bangalore

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'Cruelty by husband' on the rise

CONTINUED FROM PAGE 1

She informed that two of the earlier FIRs were filed in South CEN crime police station and Avalahalli police station and have already been charge-sheeted.

"Since early 2020, I've faced relentless physical, verbal, and emotional attacks at the hands of my husband. The abuse started with heated arguments, but soon escalated to terrifying physical assaults, leaving me with injuries that required medical attention. Despite seeking help and support, the violence continued, fuelled by my husband's manipulation and infidelity," the victim told BM.

She further added: "As if the physical abuse wasn't enough, my husband resorted to sharing my private photos online in order to coerce me to withdraw my police complaint, subjecting me to public humiliation and social isolation. Despite my efforts to seek justice through legal channels, the sharing of my intimate images persisted, leaving me feeling powerless and exposed."

She also alleged that the accused, while sharing her private videos online on adult websites, shared the phone number of her mother on the profile.

The victim had filed FIRs, including one in Patna under section 498A of the IPC, and another two in Bengaluru under sections 506, 341, 323, 324, and 354 of the IPC, along with sections 66(E), 67 and 67(A) of the IT Act. However, despite these legal actions, the harassment by the husband continued, she said, even leading to his violation of anticipatory bail conditions by attempting to enter the victim's residence.

"He even attacked my father on his head when my father came to save me from the assault. In 2023, I was moderating a webinar and he joined the webinar from a fake email id and started posting links in the chat box with my private nude pictures. Just a few days ago he tried entering my apartment forcefully again and I decided to approach the police," she told BM.

She alleged that on March 11, 2024, an unauthorised order was placed using her personal information.

"I received a call from a representative of a printing company, purportedly confirming an order placed in my name and phone number. Upon further inquiry, the individual disclosed that the order consists of nude photographs intended to be printed on canvas, and that it is a cash-on-delivery order and the address provided was my parent's address in Patna, Bihar," she said.

The victim told BM that DCP south has assured her that police are investigating the matter and appropriate action would be taken.

Bengaluru to vote on April 26

State to witness 2-phase polling process; second phase on May 7

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharvMIRROR

As the nation gears up for a seven-phase polling to elect the next Prime Minister, Bengaluru is scheduled to vote on April 26 as part of Karnataka's two-phase polling process. While Bengaluru and other southern districts will vote on April 26, the second phase of polling for the remaining districts in the state will take place on May 7. For the Bengaluru parliamentary seats, the official gazette notification will be released on March 28. The deadline for filing nominations is April 4, and candidates can withdraw their candidature until April 8. The counting of votes will commence on June 4.

Collectively, the three parliamentary constituencies in Bengaluru (North, South, and Central) will witness a total of 78,90,480 eligible voters, comprising 38,27,751 females and 1,458 voters categorised as 'other.' During the 2019 Lok Sabha polls, the voter count stood at 72,68,433. Bengaluru North holds the highest number of electorates with 31,74,098 voters, followed by Bengaluru Central with 23,98,910, and Bengaluru South with 23,17,472 voters. Bengaluru North is notably the constituency with the largest voter base in Karnataka. Conversely, Udupi-Chikkamagaluru has the lowest number of voters in the state, with 15,72,958 registered voters. Overall, there will be a total of 7,154 polling booths across Bengaluru to facilitate the smooth conduct of the elections.

Workers paint over political posters after Model Code of Conduct (MCC) comes into force as ECI announces Lok Sabha election 2024 schedule

On app swing

To help tech savvy voters, a number of apps will be helpful. Officials said, "Firstly, the Voter Helpline App offers several essential features to assist users in their electoral participation. Users can search for their names in the electoral roll through the app to determine their eligibility to vote. Additionally, they can register or modify their voter registration details directly within the app. Moreover, users can download their digital photo voter slip for easy access during elections. The app also enables users to file complaints related to the electoral process and stay updated with election-related news."

On the other hand, the cVIGIL app serves as a platform for citizens to report violations of the Model Code of Conduct during elections. It allows users to participate actively in the electoral process by reporting violations, tracking the location of the violation using GPS, capturing live incidents, and monitoring the progress of their complaints. The app also includes features for anonymous reporting of MCC violations, ensuring transparency and fairness in elections. The Saksham App is designed specifically to assist Persons with Disabilities (PwDs) in their electoral participation. It offers voice assistance for visually impaired users and text-to-speech functionality for hearing-impaired users. The app includes accessibility features such as large fonts and high-contrast colors to enhance usability for PwDs. Users can access information about polling stations, including accessibility features available and contact details of polling officials. Additionally, the app allows PwDs to file complaints regarding any challenges they encounter during the electoral process.

Lastly, the KYC app provides voters with essential information about candidates running for office. Users can search for candidates by their names and access information about their criminal antecedents, if any, along with details about any criminal cases filed against them. The app also provides information about the nature of offenses the candidates have been accused of, aiding voters in making informed decisions during elections. Available on both Android and iOS platforms, the KYC app serves as a valuable resource for voters seeking information about candidates.

Chief Electoral Officer Manoj Kumar Meena said, "In Karnataka, the total number of voters is 5.41 crore, including 11.2 lakh first-time voters. The

> **Users can search for their names in the electoral roll through the voter helpline app to determine their eligibility to vote. They can register or modify their details**
> –Election official

voter demographic comprises 2.71 crore male voters and 2.70 crore female voters. To ensure the smooth conduct of elections, approximately 3.5 lakh officials will be stationed at various levels across 58,834 polling stations in the state. Additionally, more than 30,000 CCTV cameras will be installed. We hope the voter turnout of 72% or higher in the 2024 Lok Sabha elections, surpassing the 68% turnout recorded in the 2019 elections."

Tech it & wear it

What we know so far about smart rings

Samsung officially announced the launch of a new smart ring-shaped wearable device, Galaxy Ring, as part of its Galaxy Unpacked event earlier this year. The ring, expected to be on sale in late summer 2024, will be able to monitor the user's health parameters and provide insights based on the health metrics observed, which is very similar to what a smartwatch can do.

The global smart ring market is expected to grow from USD 314.52 billion (£246.3 billion) in 2023 to USD 2,570.30 billion (£2,012 billion) by 2030. So it is no surprise that Apple is now rumoured to be applying for its smart ring patents and is expected to have the product ready in time to compete with Samsung's release.

But it might be surprising to learn that neither Samsung nor Apple are pioneers in this new wearable technology. Oura was launched in 2015 with a Kickstarter campaign for the first generation ring.

Now on its third generation, with the fourth one expected in 2024, this smart ring can measure respiratory rate, heart rate, health rate variability (HRV), blood oxygen levels, and body temperature. The ring also has an accelerator that logs the user's activity and movement. However, the main question is: is wearable technology worth it?

What is wearable technology?

Wearable devices come in many shapes and sizes, including smart watches and sports watches, fitness trackers, head-mounted displays, smart jewellery, smart clothing, and even implantable devices.

Technological advances have enabled manufacturers to access low-cost, low-power sensor technology and develop this variety of devices. At a minimum, wearable devices are equipped with sensors, software and connecting technology. The sensors gather information from the person wearing the device, and the software gathers the data and sends it to a device with processing capacity via a wireless connection. The ecosystem on which wearable technology works is known as the Internet of Things (IoT).

It is the same principle as smart technology used at home, on devices such as thermostats that can be operated from a mobile device outside the home, or smart speakers, but applied at a personal level. It is important to note that mobile devices do not process the data; it is usually sent to "the cloud" for processing.

What makes an IoT solution even more attractive is the interpretation of the data gathered by the sensors. For example, the Oura Ring and the Oura Membership allow users to monitor their sleep, manage stress and predict when they might get sick by monitoring body temperature and heart rate. This is all possible due to analysis of the data collected by the ring.

With advances in artificial intelligence (AI), it is expected that in 2024, there will be a boost in health tracking.

Benefits, drawbacks

Smart rings come with sensors similar to those of a smartwatch. However, because of their proximity to large blood vessels in the fingers, smart rings can provide more accurate readings than smartwatches, because they can use the capillaries (small blood vessels) in your finger to get their readings. Another advantage of smart rings is that they have a longer battery life than smartwatches. However, smart rings are unlikely to come with GPS or a screen.

"Connected devices collect, track, and store user data, which is the primary purpose of the technology. What users need to know is that many wearable devices share data with third party apps and services, and it is unclear how this data is being used

In terms of price, the cheapest version of the Oura ring starts at £299 and users must pay a membership fee of £5.99 per month, with the first month free. This is required to get all the benefits of data analysis. However, the ring will still work with the Oura mobile app. The most affordable version of the AppleWatch, the SE version, starts at £219, while the Samsung Galaxy Watch6 Bluetooth starts at £239. Smart rings can't and won't be able to replicate the functionality offered by a smartwatch. However, they represent an attractive choice for users interested in health tracking, who also want a simple device with minimalistic features. Bryan Ma, the Vice President of devices research at International Data Corporation, has said: "The idea behind such rings is not so much about being cheaper than smartwatches, but instead being a much smaller and discrete device for use in cases like sleep tracking."

The future

Wearable technology will continue evolving, with a strong focus on health monitoring. For example, Microsoft has been exploring smart tattoos as the next generation of wearable tech since 2016. However, due to the labour intensive fabrication technique for gold leaf, which is used in the tattoos, researchers are now focusing on more robust, advanced, and inexpensive materials.

Researchers at the University of Washington have also developed the thermal earring. This was able to measure the user's earlobe temperature but shows promise for other areas of monitoring, including for eating and exercise. Although not commercially available, this device demonstrates how engineers are developing new ideas for wearable devices.

Under Armour already sells running shoes embedded with Bluetooth and sensors that track run statistics such as distance and pace. In future, we can expect to see advances in smart contact lenses, smart nails, smart buttons, and many more.

Is wearable technology worth it?

The expected increase in the market size of this technology shows users' interest in monitoring their health and improving their lifestyle. Developments in the Internet of Things, in general, have improved our way of life and supported our wellbeing.

Connected devices collect, track, and store user data, which is the primary purpose of the technology. What users need to know is that many wearable devices share data with third party apps and services, and it is often unclear how this data is being used. The data can be sold to other companies or utilised for different purposes without the user's knowledge or consent. Moreover, wearable devices can be hacked.

With this in mind, and as we have done with all new technology, users must consider the advantages of wearable technology and determine if the risks are worth taking.

(By Erika Sanchez-Velazquez, Anglia Ruskin University, The Conversation)

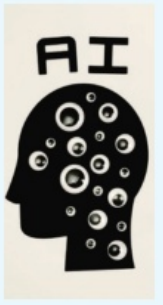
BITS & BYTES

TESLA WELCOME

Tesla lovers in the country are anxiously waiting for the first response from Elon Musk after the government approved a new electric vehicle (EV) policy that is designed to attract investments in the EV space by global manufacturers like the Musk-run electric car company. The billionaire has been seeking customs duty to be lowered so that he could bring Tesla vehicles to the country.Presently, customs duty on cars imported as completely built units (CBUs) varies from 60-100 per cent, depending on their cost. **IANS**

FREE RIDE FOR AI?

In a breather for big social media subsidiaries and internet platforms, the government has said that they no longer require approval before launching or deploying their AI models in the country. Let us find out what it means for Big Tech. The Ministry of Electronics and IT has issued an update to its AI advisory (issued on March 1). It means that the big Internet companies do not need the government's permission anymore before launching any AI model in the country.



But the platforms are advised to label "under-tested and unreliable AI models to inform users of their potential fallibility or unreliability". "Under-tested/unreliable Artificial Intelligence foundational models)/ LLM/Generative AI, should be made available to users in India only after appropriately labelling it..." **IANS**

META IN DRUG RADAR

US prosecutors in Virginia are probing whether Facebook-parent Meta's social media platforms facilitated and profited from the illegal sale of drugs, the Wall Street Journal reported on Saturday, citing documents and people familiar with the matter.

The prosecutors sent subpoenas last year and have been asking questions as part of a criminal grand jury probe, the report said, adding that they have also been requesting records related to drug content or illicit sale of drugs via Meta's platforms. The Food and Drug Administration has also been helping with the probe, it added. **Reuters**

All you need to know about...

Avoid urinary problems

Stay Hydrated
Drink plenty of water throughout the day, especially when stepping outdoors or engaging in physical activities. Aim to consume at least eight glasses of water daily, and increase intake during hot weather.

Urinate Regularly
Do not hold urine for extended periods. Empty the bladder whenever necessary, even if it means finding a restroom during outdoor excursions.

Avoid Excessive Caffeine and Alcohol
Both caffeine and alcohol have diuretic effects, which can contribute to dehydration. Limit consumption of these beverages, especially during hot weather.

Keep An Eye On These
Common Symptoms of UTIs
- Pain or burning sensation during urination
- Frequent urination with minimal urine output
- Cloudy or foul-smelling urine
- Pelvic pain or discomfort
- Fever or chills (in severe cases)

How Can You Manage
If you suspect a UTI or experience any of the aforementioned symptoms, it is essential to seek medical attention promptly. UTIs typically require treatment with antibiotics prescribed by a healthcare professional. Additionally, following these strategies can help manage and prevent recurrent UTIs:

Complete the Full Course of Antibiotics: Take all prescribed antibiotics as directed by your healthcare provider, even if symptoms improve before finishing the medication.
Increase Fluid Intake: Continue to drink plenty of water to help flush out bacteria from the urinary tract and maintain optimal hydration. Staying hydrated, practicing good hygiene, and seeking timely medical attention for symptoms are crucial steps in maintaining urinary health during upcoming warmer months.

—Urologist Dr. Mathisekaran Thangarasu for Femina

CHURMA POCKETS

INGREDIENTS
- Coarse whole wheat flour 250 gm
- Semolina 75 gm
- Melted Ghee 60 ml
- Almond 30 gm
- Cardamom Powder 3 gm
- Sugar 75 gm
- Ghee 50 gm

METHOD
To make the Dough
- In a large mixing bowl combine 2 cups all-purpose flour, 1 teaspoon carom seeds, 1 teaspoon salt and 6 tablespoons ghee (50 grams).
- Press a part of the mixture to ensure it retains its shape. Use your fingers to combine the ingredients until they resemble breadcrumbs.
- Next, add 7 to 8 teaspoons of water in parts and knead, adding only a little at a time.
- If you think the dough is too dry or floury, add an additional 1 to 2 tablespoons of water.
- To create a tight, solid dough, keep kneading. It should not be soft or sticky. For 30 minutes, cover the dough with a damp kitchen towel and allow it to rest.

INGREDIENTS
- Coarse whole wheat flour 250 gm
- Semolina 75 gm
- Melted Ghee 60 ml
- Almond 30 gm
- Cardamom Powder 3 gm
- Sugar 75 gm
- Ghee 50 gm
- Add a few teaspoons of flour if your dough starts to get too sticky or wet. Mix and knead once more to get a solid dough.
- Once the dough has rested, separate it into 6-7 uniform portions. To smooth and soften each piece, first softly roll it in your palms. You can either set it on the rolling board or your work surface.

To make the Churma Mixture
- To make the churma, combine whole wheat flour, semolina and melted ghee in a deep bowl and mix well. Add approx. ¼ cup water and kneed well to make a stiff dough.
- Divide the dough in 8 portions.
- Flatten each dough and deep fry in ghee until golden brown.
- Allow them to cool down and then blend it into powder.
- Add crushed almond, Cardamom powder and powdered sugar.
- Then stuff this churma mixture in each dough and shape it like a pocket.
- Then deep fry it until golden brown and serve it.

Chef De Cuisine Vinay Pandey, Bengaluru Marriott Hotel Whitefield

WHAT'S SPECIAL?

Holi-day snacks and a drink to wash it down

BEETROOT MATHRI MILLE-FEUILLE CHAAT

INGREDIENTS
- BEETROOT MATHRI
- All-purpose flour/ Maida 1 Cup
- Beetroot Juice instead of Water
- Carom Seeds / Ajwain ½ tsp
- Fennel Seeds ½ tsp crushed coarsely
- Ghee 3 tbsp
- Salt to taste

CHAAT
- Boiled Potato 2 nos
- Chopped Onion 1 no 1 no
- Chopped Capsicum 1 no
- Chopped Seedless Cucumber 1 no
- Seedless Chopped Tomato 1 no
- Chopped Green Chili 1 no
- Chopped Coriander 50 grams
- Coriander Sprigs 2-3 nos
- Imli Chutney 2 tbsp
- Sweet Beaten Curd 3 tbsp
- Chaat Masala 1 tsp
- Jeera Powder ½ tsp

METHOD
- Take all the ingredients except beetroot juice in a bowl and rub with your fingers to incorporate ghee in the flour.
- Add the beetroot juice slowly and knead it to a smooth dough. Cover and let it rest for 15 mins.
- Now divide the dough into small balls and sheet it out. Now use a fork to prick holes in the sheet. Can be cut into same sized rectangles, using a scale for help.
- Heat oil for deep frying, drop mathri in hot oil and fry it in a medium heat oil till cooked well. Also, can be put in a tray/plate and baked in an oven/air fryer, whatever suits best
- Remove it and drain in some paper towel. Cool it down.

For the Chaat
- Slice the potato as the same size of the mathri sheet. Mix all the chopped ingredients in a bowl with little of the Imli chutney, salt and chaat masala.

For the plating
- Place a mathri on a plate, layer with the potato first, then the chopped masala. Little curd can be added on top. Place another mathri and repeat the process 3-4 times.
- Its ready to eat. Can be garnished with drizzle of sweet curd and coriander sprigs.
- Servings – 4 portions

GULABI THANDAI

INGREDIENTS
- Rose Syrup 15ml
- Milk 60ml
- Rum/tequilla 45ml

METHOD
For the Syrup
- Infuse Rose petals in Sugar Syrup
- Or make a rose syrup with sugar and water with a dash of rose water

For the Thandai
- To make the thandai, pour all the ingredients in the serving glass
- Mix it well and serve it
- Glassware - Pot

Head Chef Gaurav Ramakrishnan, Hyatt Centric MG Road Bangalore

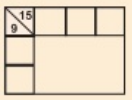
Chai-Time

SOLVE IT IN A MINUTE

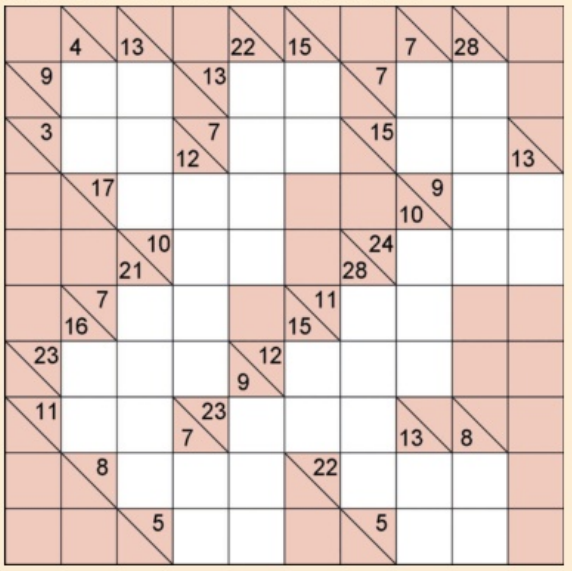
(56/7)^-1 x 0.125^-1 = ?

Kakuro

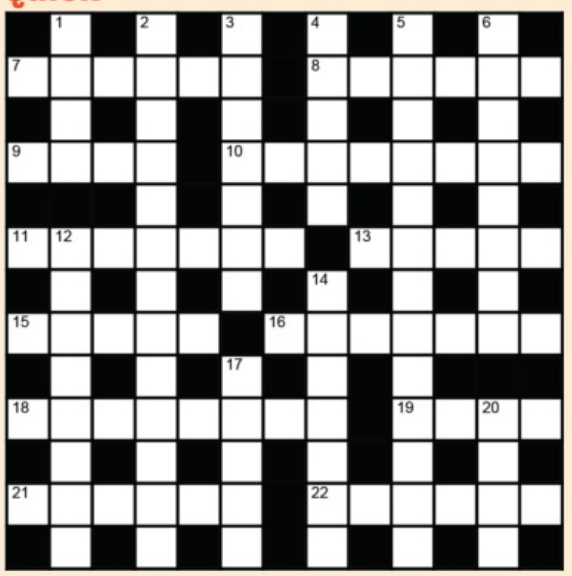
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Hindu hermitage (6)
8 Incite or motivate (4,2)
9 Russian ruler (4)
10 Changing the title (8)
11 Printing aid (7)
13 Inundation or deluge (5)
15 Political clique (5)
16 Flat pasta sheets (7)
18 Horrified or shocked (8)
19 Screwball or eccentric person (4)
21 Relating to Spring (6)
22 Sacred Egyptian beetle (6)

DOWN

1 Applications (4)
2 Island town famous for its Ranganathaswamy temple (13)
3 Complicate or entangle (7)
4 Collectively (2,3)
5 Late shehnai maestro from Varanasi (9,4)
6 Rejection, nonacceptance (4-4)
12 Trod roughly underfoot (8)
14 Most gloomy (7)
17 False wing (5)
20 Kerala festival (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: J EQUALS T

CQE PVJCFN ECVDSY CORF JCNVKZ CQP OKOB OZY MFUJ JCF EJVNM.

Linemaro

There are people who say Disneyland is the happiest place on earth. Apparently, none of them have ever been with you

Mindchow

The most certain way to succeed is always to try just one more time

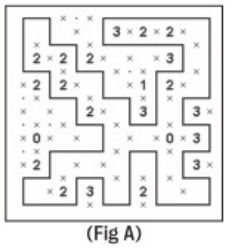
Joke of the day

I'm going to buy some velcro for my shoes instead of laces. Why knot?

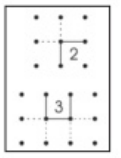
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

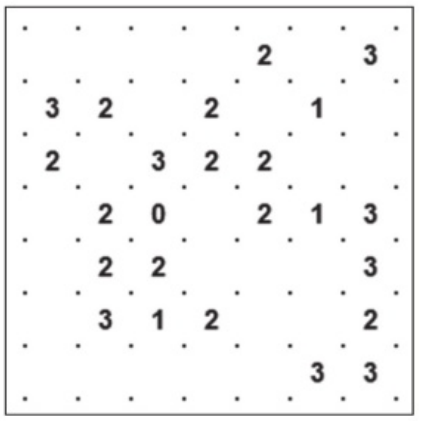


(Fig B) Not Allowed

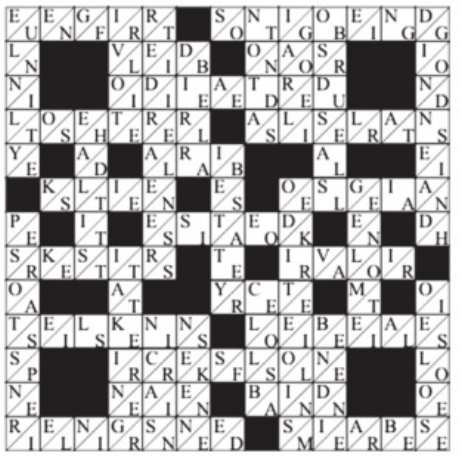
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



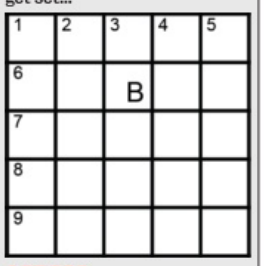
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Corps; 6 Tuber;
7 Or ivy; 8 Em Eel;
9 Piles

DOWN

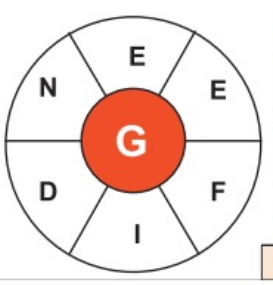
1 PC rim; 2 Lever;
3 I Lobo; 4 Rupee;
5 St yes

Mensapuzzle

In the two numerical sequences below, one number that appears in the top sequence should appear in the bottom sequence and vice versa. Which two numbers should be changed round?

16, 39, 63, 90, 120

18, 36, 60, 88, 120



Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

05 Average; **06** Good; **08** Outstanding

SudokuChallenge

	6		2		9		4	
	4	7				6	2	
				1				
		6	3	5	8	9		
	2		1		6		3	
		1	4	2	7	8		
				3				
	8	9				3	5	
	1		8		5		7	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 19
1 4 6 8

Medium = 4
1 4 5 6

Hard = 14
2 5 9 5

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

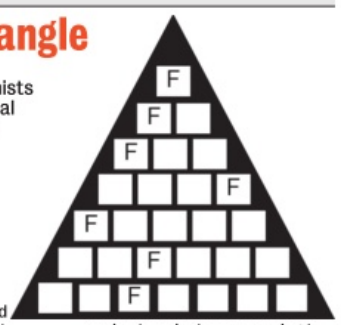
Differences: 1. Arm is longer. 2. Fingers are not seen on steering wheel. 3. Dollar sign is moved to other bag. 4. Cap is larger. 5. Windshield is smaller. 6. Stone is missing from front of bank.

Riddler

A touch, a taste, a tiny spot, A guidepost on the way A gift when answers don't arrive But won't give it away What is it?

Alpha triangle

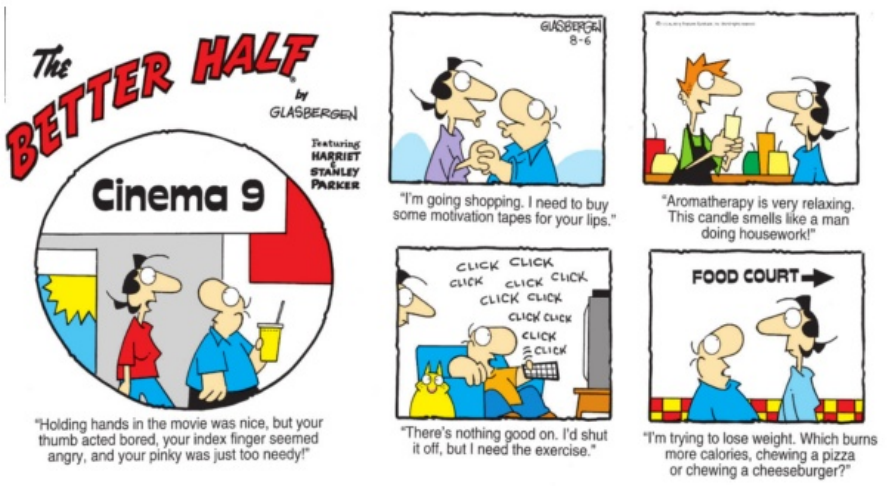
1 6th letter
2 Iron for the chemists
3 Served with a meal
4 Hearing impaired
5 Looked toward
6 Mar
7 Rubbed out



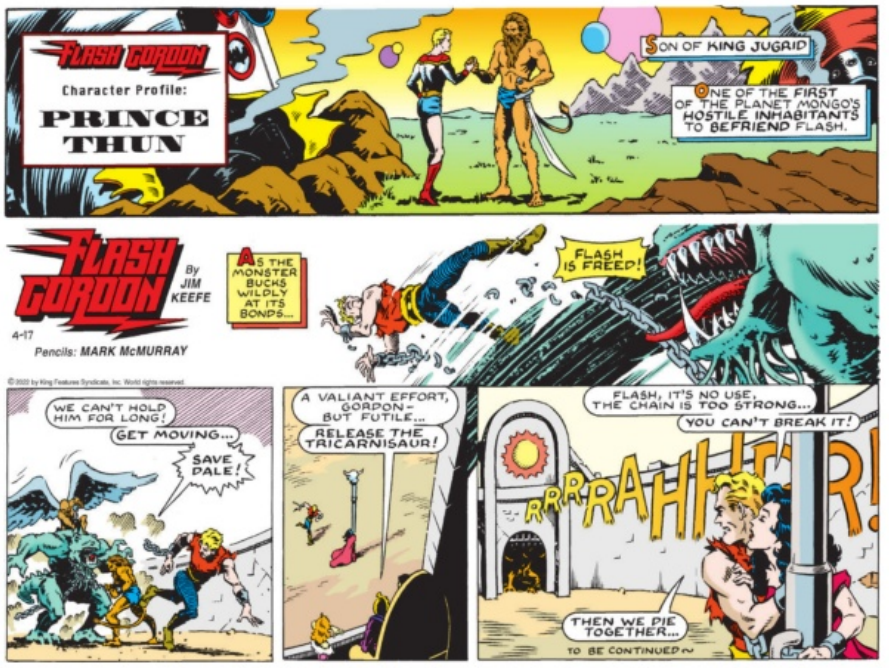
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS


The BETTER HALF
by GLASBERGEN
featuring HARRIET & STANLEY PARKER
Cinema 9
"Holding hands in the movie was nice, but your thumb acted bored, your index finger seemed angry, and your pinky was just too needy!"
GLASBERGEN 8-6
"I'm going shopping. I need to buy some motivation tapes for your lips."
"Aromatherapy is very relaxing. This candle smells like a man doing housework!"
CLICK CLICK CLICK CLICK CLICK CLICK CLICK CLICK CLICK CLICK
"There's nothing good on. I'd shut it off, but I need the exercise."
FOOD COURT
"I'm trying to lose weight. Which burns more calories, chewing a pizza or chewing a cheeseburger?"

BABY BLUES™
BY RICK KIRKMAN & JERRY SCOTT
WHAT'S UP, DAD?
NOT MUCH, LITTLE BUDDY!
THERE'S A FLAG ON THE FIRST PLAY...
I DID ALL MY CHORES YESTERDAY SO I COULD BE A TOTAL SLUG TODAY.
NO NEED TO SHOWER, SHAVE, OR DO ANYTHING EXCEPT RECHARGE THE OLD BATTERIES, AND...
MY FAVORITE PART WAS WHEN YOU SAID, "AND THERE'S NOTHING ANYONE CAN DO ABOUT IT."


FLASH GORDON
Character Profile:
PRINCE THUN
SON OF KING JUGRID
ONE OF THE FIRST OF THE PLANET MONGO'S HOSTILE INHABITANTS TO BEFRIEND FLASH.
FLASH GORDON
By JIM KEEFE
4-17
Pencils: MARK McMURRAY
AS THE MONSTER BUCKS WILDLY AT ITS BONDS...
FLASH IS FREED!
WE CAN'T HOLD HIM FOR LONG!
GET MOVING...
SAVE DALE!
A VALIANT EFFORT, GORDON— BUT FUTILE...
RELEASE THE TRICARNISAUR!
FLASH, IT'S NO USE. THE CHAIN IS TOO STRONG...
YOU CAN'T BREAK IT!
RRRRAHHHR!
THEN WE DIE TOGETHER...
TO BE CONTINUED

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, your moon is not in a good position, so you may experience health issues. You may also face losses in business or investments. It is advised not to invest in business, as your gains may turn into losses. Avoid getting involved in controversies, as they may negatively impact you.

Taurus Apr 21 – May 20
You are blessed by the moon today and may expect to hear some good news regarding your profession. Your domestic life may be filled with joy. Avoid arguments on trivial topics, and be wary of overexcitement testing your patience. Consider making investments in real estate. Students should focus on their studies.

Gemini May 21 – Jun 21
You may feel a sense of dullness today, but you'll likely get back to work. Pay extra attention to your children's academics. You may find yourself in a winning position against enemies and opponents. Investors should be cautious when making decisions. Job seekers may find suitable employment.

Cancer Jun 22 – July 23
Negative vibrations may surround you today, making you feel unhappy. Avoid investing in worthless assets and don't expect too much support from friends. Make independent decisions to navigate through the day.

Leo Jul 24 – Aug 23
You may feel dull and face obstacles at work today. Practice patience in making investments, as quick decisions are not advisable. Avoid spending money on unnecessary items that may upset your family.

Virgo Aug 24 – Sep 23
Your hard work may lead to success today, and you may plan a short work-related trip. Subordinates will support your business plans, and opponents may praise your efforts. Good news regarding siblings may also come your way.

Libra Sep 24 – Oct 22
Control your expenditures on unnecessary items today. Consider investing capital in business or real estate projects to improve your financial health. Be polite with others and focus on domestic affairs, although your spouse may face health issues or become upset.

Scorpio Oct 23 – Nov 22
You may feel strong and full of vitality today, with good plans and efficient implementation. Be cautious when signing documents and avoid overenthusiastic investments in family business. Lovebirds should avoid discussing trivial topics.

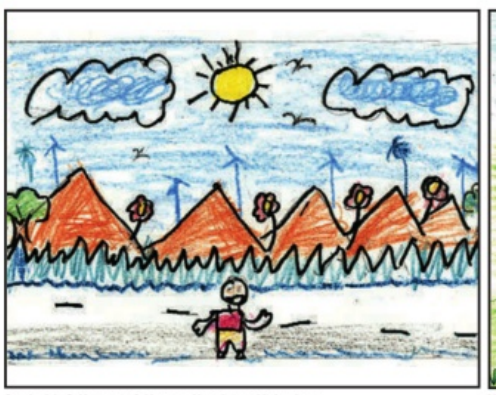
Sagittarius Nov 23 – Dec 22
Anxiety and restlessness may characterise your day. Avoid wasting time on trivial tasks and consider visiting a religious place for peace of mind. Seek advice from elders to manage any chaotic situations.

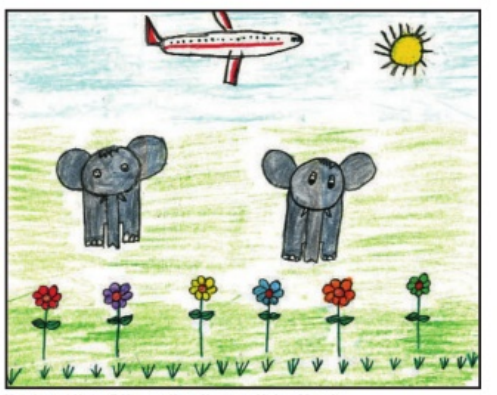
Capricorn Dec 23 – Jan 20
Social gatherings will help you re-establish your network, providing benefits in the near future. Those in glamour, art, or fashion may plan something new for their profession. Students will perform well academically, and lovebirds will enjoy their time together.

Aquarius Jan 21 – Feb 19
You may be busy with work today, making it difficult to spend time with family. Be cautious with investments and focus on creating overseas networks. Jobholders may receive promotions.

Pisces Feb 20 – Mar 20
Today, the situation is under control. Expect gains in business and rewards for your hard work. Consider reinitiating postponed projects and plan for peaceful religious travel. Donating to charity or religious places may also be on your agenda.

KIDZONE


Sushobh S Kanavi, 9 Years, Kendriya Vidyalaya


Vaishnavi Nair, 5 Years, New Horizon Vidya Mandir

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
(8)^-1 x 1/0.125 = 1/8 x 1/0.125 = 1 x 8 x 0.125 = 1 x 1 = 1

BULL'S EYE
deign, ding, edge, FEEDING, feign, feigned, gene, genie

FAST FIVE

C	R	O	P	S
M	E	L	E	E
I	V	O	R	Y
R	E	B	U	T
P	L	I	E	S

RIDDLER A hint

STRIKE OUT

U	N	F	I	T	T	O	N	G	O	I	N	G		
N		L	I	B		O	A	R		O				
I		I	D	E	A	T	E	D		D				
T	O	H	E	E	L		A	L	E	R	T	S		
Y		A		L	A	B		A		E				
K	L	E	E		E		E	L	G	I	N			
P	T		S	I	T	E	D		N		D			
R	E	S	T	S		T	I	V	O	R				
O		A		Y	E	T		M		I				
S	I	S	K	I	N		L	I	B	E	L	S		
P		I	C	E	F	L	O	E		L				
M	E	L		E		E		R		Y				
I		V	O	R		Y								
C	R	O	P	S										

QUICK

U	S		E		A		B		T					
A	S	H	R	A	M		S	T	I	R	U	P		
V	E	R	N	A	L		S	C	A	R	A	B		
D		A		T		N		M						
A	P	P	A	L	L	E	D		K	O	O	K		
L		T		U		E		H		N				
C	A	B	A	L		L	A	S	A	G	N	A		
M		P		A		D		H						
R		G		L		S		L		W				
S	T	E	N	C	I	L		F	L	O	O	D		
A		O		E		I				D				
T	S	A	R		R	E	N	A	M	I	N	G		
E		I		B		O		S		R				
A	S	H	R	A	M		S	T	I	R	U	P		

SUDOKU

1	6	8	2	7	9	5	4	3
9	4	7	5	8	3	6	2	1
5	3	2	6	1	4	7	9	8
4	7	6	3	5	8	9	1	2
8	2	5	1	9	6	4	3	7
3	9	1	4	2	7	8	6	5
7	5	4	9	3	2	1	8	6
2	8	9	7	6	1	3	5	4
6	1	3	8	4	5	2	7	9

MENSA PUZZLE
16 and 18 need to be exchanged. The top sequence progresses +28, +32. The bottom sequence progresses +20, +24, +21, +24, +27, +30. The pattern should have thrown him off and kept the stork.

QUOTE UNCODE
His mother should have thrown him away and kept the stork.

ALPHA TRIANGLE
F, Fe, Fed, Deaf, Faced, Deface, Effaced.

GO FIGURE
Easy
4 + 6 + 1 + 8 = 19
Medium
4 – 5 + 6 – 1 = 4
Hard
2 x 5 + 9 – 5 = 14

LOOP

KAKURO

4	13		22	15		7	28	
9	3	6	4	9		1	6	
3	1	2	7	1	6	9		13
	17	1	2	5	3		24	
	7	4	23	6	9	8		
	23	9	8	8	9	6	5	1
	7	6	1		11	9	2	
		21	10	2	8		24	7
		3	9	5	3	2	1	6
		9	3	4	1		8	9
		5	3	2			3	4
			5	4	1		4	1

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 # Fun co-star
Mrunal wraps up 'Family Star', calls co-actor Vijay Deverakonda 'fun person'

TOUGH CALL

Samantha reveals challenges of role in web series

Samantha Ruth Prabhu, a seasoned actress with over 14 years of experience, recently discussed her challenging role in the upcoming web-series "Citadel." Renowned for her versatility, Samantha expressed in an interview that her character in the Indian adaptation of the American series was her most demanding yet. Despite facing physical weakness during filming, she declared her pride in accomplishing the role.

In her conversation, Samantha revealed that shooting "Citadel" was particularly strenuous due to her health condition at the time.

Diagnosed with myositis, an autoimmune disease, she navigated the demanding production circumstances with resilience. The actress admitted that she initially doubted her ability to perform under such conditions but emerged from the experience feeling immensely proud of herself.

Directed by Raj & Dk, "Citadel India" marks Samantha's second collaboration with the acclaimed duo after their successful venture in the second season of "The Family Man." Alongside Samantha, the series stars Varun Dhawan in a leading role, heightening anticipation among fans.

Post-production work, including dubbing, is underway, fueling excitement for the eventual release later this year, though official confirmation is pending."

—ETimes

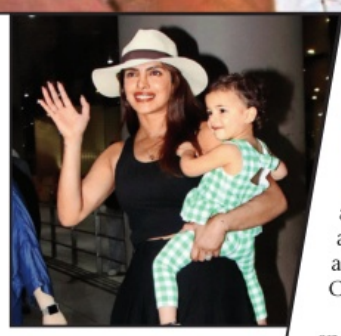
Happy homecoming

Priyanka Chopra delighted her desi fans on Thursday as she touched down in Mumbai, accompanied by her daughter Malti Marie Chopra Jonas. The actress had taken to Instagram to share the heartwarming news with her followers, marking her return to her homeland.

Sporting a chic black outfit paired with a beach hat, Priyanka was spotted at the Mumbai airport by the paparazzi, who captured the special moment of her homecoming. Alongside her, Malti Marie exuded cuteness in a charming green top and pants combo, with short hair and trendy crocs completing her look. Priyanka was beaming with joy and ensured Malti waved to the paparazzi. The actress is in the city for professional reasons.

According to reports, the star, who is the face of a luxury jewellery brand, will drop a new collection at an event in the city.

—ETimes



Fashionable culture

Bollywood actress Sara Ali Khan has talked about her love for Indian wear and said that as a public figure, it's an added responsibility to promote the culture at a fashion level. Sara walked the runway in a scintillating ensemble for designer Varun Chakkilam on day 4 at LFW x FDCI.

In an exclusive conversation with IANS, Sara spoke about her fancy for Indian wear.

The actress said: "Indian clothes are so incredibly comfortable to wear on a daily basis. Their western version is co-ord sets and the world seems to have really embraced that style too."

Sara added: "More than anything, as public figures, it is our duty to promote our culture at a fashion and clothing level as well, so that everyone else can get inspired and influenced."

As a renowned personality, fashion goes hand in glove with the profession. But in real life, Sara is not much of a diva and believes in keeping it simple.

"I believe that comfort is fashion. What makes me feel good is what I will wear. I like to keep things simple and that's why I love wearing simple kurtas," she said.—IANS

Sealed with a kiss?

Hollywood star Bradley Cooper, who was recently seen in 'Maestro', was seen cosying up with Gigi Hadid.

They were seen sharing a kiss, while dining outside together at an Italian restaurant in New York City, reports 'People' magazine.

The couple could be seen leaning into one another and looking affectionate as they mingled with Queer Eye stars Tan France and Antoni Porowski, among others, at what appeared to be a group dinner at the West Village hotspot.

As per 'People', the dinner appeared to be a celebration for Porowski's 40th birthday.

"Happy birthday Angel @antoni", Hadid wrote in an Instagram story,

—IANS

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Of self respect

Nagaraj Somayaji, who bankrolled the film Puksatte Lifu Purusotte Ella in 2021 and helmed the movie The Best Actor in 2018, is happy with the completion of the shooting of his latest movie Maryade Prashne. The post-production work of the movie is in progress. Maryade Prashne is expected to hit the silver screen in June or July. Somayaji has written the film's script and dialogues too.

The film was shot for 43 days in and around Bengaluru. "The movie is about a middle-class family living at Chamarajpet. Most middle-class people use the word – Maryade Prashne – whenever they fail to deliver goods or things they have promised to others," said director Somayaji.

The director said it connects to all age groups of audiences. "The movie is not based on any particular incident. Characters in the movie are close to real," he said.

Crime thriller

Much-awaited Diganth-starrer Marigold is scheduled for release shortly. The Central Board of Film Certification issued an A certificate for the movie that is bankrolled by Raghuvardhan, who is a director. He has directed Prem-starrer Gunavantha in 2007.

"Marigold is a crime thriller. Diganth plays an interesting character in the movie. His gestures, dialogue delivery and body language are quite different. I am sure all would watch this movie as it is a gripping tale," said Raghuvardhan.

He expressed concern about the Central Board of Film Certification Officer issuing an A certificate for Marigold "The officer insisted on cutting a few scenes and dialogues if I wanted a UA certificate. I agreed for an A certificate as there was no option for me," the producer said.

The movie features Diganth, Sangeeta Sringeri, Yash Shetty, Sampath Maithreya, and Cockroach Sudhi. The movie was directed by Diganth's friend Raghavendra from Kundapur. "The movie has a good cast and experienced technicians," the producer said.